



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Fall 2022

Join Our Team!

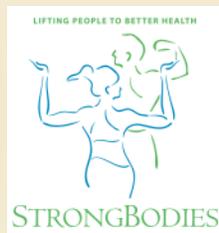
Extension Waukesha County is hiring:

- [4-H Educator](#)
- [FoodWise Bilingual Nutrition Educator](#)
- [FoodWise Nutrition Educator](#)

StrongBodies Program Expanding to Spanish-speaking Residents

Five new StrongBodies leaders who are bilingual in Spanish and English are slated to be trained on November 18. The leaders will be a combination of community volunteers and community partners, and will be offering the StrongBodies Program to a Spanish speaking audience that has been unable to take part in the program.

For more information, contact Jen via email at jennifer.whitty@wisc.edu.



Waukesha Youth Attend UW-Madison Science Festival

Fifty-one Waukesha County youth, parents and Collegiate 4-H students participated with James Boling and Jerry Braatz at the UW-Madison Science Festival on Saturday, October 15.

Youth engaged in demonstrations, hands-on science exhibitions and workshops in the Geology Museum, the Physics Museum, the Discovery Building and the Biotechnology Center. The Science Festival provided youth with the opportunity to explore interactive, hands-on exploration stations that feature STEM activities ranging from virtual reality to health and medicine, physics, engineering, animal science, chemistry and DNA Activities. Collegiate 4-H members discussed their university experience with older youth.

Thank you to Tom Zinnen, Biotechnology Extension Specialist, and Liz Jessie, Science Outreach Specialist,



from UW-Madison Extension Biotech Center, and the UW-Madison Collegiate 4-H members for engaging youth in learning. It was a great day and opportunity for everyone to discover something new and exciting about science! For more information on Waukesha County 4-H go to <https://www.waukeshacounty.gov/uwex/4h>.

Waukesha Public Library Staff to Attend Real Colors® Training

In December, Extension staff will facilitate a Real Colors® workshop for 60 Waukesha Public Library staff. Real Colors® participants learn how to identify their own temperament or "color" and that of others. Using this knowledge, they can develop more effective communication skills and build better relationships.

Contact us to schedule a Real Colors® workshop or to learn more visit <https://www.waukeshacounty.gov/UWEX/CRD/real-colors/>.



Around the Table Encourages Mindfulness and Healthy Behaviors in Teens

In August, FoodWise taught an *Around the Table* series to teenagers as part of Waukesha County Health and Human Services Positive Youth Initiatives.

Around the Table uses mindfulness to build teens' cooking skills and support healthy connections to food. Mindful activities such as "soup bowl breathing" helped teens to be present and engaged. Participants made roasted carrots, celery with hummus, egg and vegetable burritos, mango salsa, fruit salad, pico de gallo, and taco soup. The group also ate together and discussed nutrition topics. Participants reported favorite recipes and improved confidence in making and eating healthy foods.

For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.



Gardening Mini-webinar Series Reaches Many

As part of the planning team, Ann Wied, Horticulture Outreach Specialist, helped bring the Fall Into Winter Gardening mini-webinar Series #4 to gardeners across the state. Ann also moderated the October 26 webinar Maintaining Your Festive Houseplants. The other webinars in this series were Tips for Getting Landscape Plants Ready for Winter and Protecting Young Trees from Animal and Other Damage Over Winter.

Live program participation for the three-part series ranged from 350 to 760



participants. Recordings of the mini-webinars are available at <https://hort.extension.wisc.edu/mini-webinars-for-gardeners/> along with the recordings of the prior series.

For more information, contact Horticulture Outreach Specialist Ann Wied at ann.wied@wisc.edu.

Landscape & Grounds Maintenance Short Course Offered to Green Industry Professionals

Horticulture professionals will learn up-to-date science-based information to assist them in increasing the economic and environmental sustainability of the landscapes they care for. Speaker include experts from UW-Madison Extension and across the Midwest. This online four-week short course will be offered Wednesday afternoons in February.

Registration opens in mid-December. For more information, visit the green industry website at www.waukeshacounty.gov/UWEX/HORT/GI/. For a brochure, email Lisa at lboyer@waukeshacounty.gov.

Join 4-H Today

Youth from 5-year-old kindergarten to one year past high school learn important life skills like leadership, teamwork, critical thinking, and communication to help prepare them for successful futures. They do this while engaging in fun, hands-on 4-H activities and participating in one of the Extension 4-H community clubs in Waukesha County!

For more information or to join, visit www.waukeshacounty.gov/UWEX/4H/.



Eating Smart & Being Active at Hawthorne Elementary

A seven-week Eating Smart Being Active Nutrition series is set to begin on January 3, 2023, for Hawthorne Elementary parents. The series will be taught by a FoodWise Nutrition Educator. Lessons will be provided in English and will be simultaneously interpreted into Spanish using technology and a live interpreter. Each lesson will include hands-on cooking, physical activity, and lots of fun!

For more information about nutrition education, contact Teaching Coordinator, Katy Maas at katy.maas@wisc.edu.



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